



## RACE INSTRUCTIONS FOR PARTICIPANTS

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### MARINA HOME DUBAI CREEK STRIDERS HALF MARATHON & 10km 2025

#### Key Information Summary

##### Race Overview

- Half Marathon **Start Time: 6:00 AM** (arrive before 5:15 AM)
- 10km **Start Time: 6:15 AM** (arrive before 5:30 AM)
- Venue: Dubai Creek Resort ([Location Pin](#))

##### Race Pack Collection (Race Bib, Race Bag, T-shirt, and Breakfast Tickets)

- Thursday, 23rd January: Meydan Spinneys, 3:00 PM – 8:00 PM ([Location Pin](#))
- Friday, 24th January: Mercato, 1:00 PM – 6:00 PM ([Location Pin](#))
- Saturday, 25th January: Outside QD's Restaurant, Dubai Creek Resort, 2:00 PM – 7:00 PM ([Location Pin](#))

##### Important Notes:

- No race packs will be available for collection on race day.
- Photo ID is required for collection.

##### Cut-Off Times

- Half Marathon: **3 hours** (also reach 7km mark in 1 hour 10 minutes)
- 10km Race: **1 hour 45 minutes**

##### Parking

- Limited parking at Dubai Creek Resort; overflow parking at Deira City Centre (P4 car park). It is around 1km walk from Deira City Centre to the start line

##### Hydration and Medical Support

- Hydration Stations: Water every 3km; Pocari Isotonic Drink every 6km.
- Medical Support: Ambulances stationed along the course.

##### Post Race Breakfast

- Breakfast doors open at 8:30 am and you will need to hand over your pre-purchased breakfast ticket to Park Hyatt at the breakfast entrance.



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## DETAILED INSTRUCTIONS

### 1. Assignment of Pens and Bib Numbers

- Bib numbers will be emailed by Hopasports. Ensure you have this information handy for race pack collection.
  - Starting pens are assigned based on your registration details to ensure a safe race experience. Adhere to your assigned pen.
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### 2. Race Pack Collection (Race Bib, Race Bag, T-shirt, and Breakfast Tickets)

Race packs must be collected before race day at the following locations and times:

- **Thursday, 23rd January:** Meydan Spinneys, 3:00 PM – 8:00 PM ([Location Pin](#))
- **Friday, 24th January:** Mercato, 1:00 PM – 6:00 PM ([Location Pin](#))
- **Saturday, 25th January:** Car park outside QD's Restaurant, Dubai Creek Resort, 2:00 PM – 7:00 PM ([Location Pin](#))

#### Important Notes:

- No race packs will be distributed on race day.
  - Photo ID is mandatory for collection.
  - For those unable to collect personally, a proxy may collect your pack with your **Official Receipt Invoice** from Hopasports, a copy of your ID, and their own ID.
  - Overseas participants requiring special arrangements must email [info@dubaicreekstriders.com](mailto:info@dubaicreekstriders.com) in advance.
  - **Remember to collect your pre-purchased breakfast tickets** if you have ordered these on the Hopasports registration portal
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### 3. Policy for Participants who can't run on race day

- No Cancellations or Transfers: Entries are non-refundable, non-transferable, and cannot be deferred. Attempting to do so jeopardizes the event's integrity and is strictly prohibited.
  - Virtual Participation Option:
    - Collect your race pack during designated times.
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- Run virtually before March 15, 2025.
- Email [info@dubaicreekstriders.com](mailto:info@dubaicreekstriders.com) with the subject "Running virtually" to arrange medal collection.

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#### 4. Race Numbers and Timing

- Bibs must be securely attached to the front of your shirt/vest.
- Timing chips are integrated into the bibs. Do not tamper with or fold your bib.
- Ensure your bib remains visible throughout the race for proper timing and identification.
- Fill in emergency contact details and medical conditions on the back of your bib.

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#### 5. Cut-Off Times

To ensure the safety of all participants and meet road reopening deadlines, the following cut-off times apply:

- **Half Marathon Race:**
  - Must be completed **within 3 hours (for official volunteer support and road closures)**. Participants taking slightly longer than 3 hours may continue on a self-supported basis, will be timed, and will receive a finisher medal.
  - **Half -Marathon Participants** must reach **7km within 1 hour 10 minutes** to continue on the half marathon route, if they arrive later than that, they will be directed to the 10KM route.
- **10km Race:** Must be completed within **1 hour and 45 minutes**.

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#### 6. Getting to the Start (Arrive before 5:15 AM)

- Use Taxi, Careem, or Uber services to avoid parking delays.
- Limited parking is available at Dubai Creek Resort.
- Overflow parking is available at Deira City Centre (P4 car park). It is around 1km walk from Deira City Centre to the start line
- Driving access: Use Garhoud or Maktoum Bridges. Avoid the Floating Bridge (closed).



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### 7. Start Times

- **Half Marathon Start:** 6:00 AM
- **10km Start:** 6:15 AM (after all Half Marathon waves begin).

Arrive early to check in and prepare. Line up in your designated pen 15 minutes before your start time.

### 8. Pre-Start Procedures

To ensure a smooth start, follow these guidelines:

- **Half Marathon Line Up by Bib Details:**
  - **White Bib (# 1-99):** Go directly to the start line **behind the timing mats.**
  - **Red Band Bib (# 100-499):** Proceed to the **RED pen.**
  - **Green Band Bib (# 500-999):** Proceed to the **GREEN pen.**
  - **Blue Band Bib (# 1000+ Half Marathon under 2h:45m):** Proceed to the **1<sup>st</sup> BLUE pen.**
  - **Blue Band Bib (# 1000+ Half Marathon Over 2h:45m):** Proceed to the **2<sup>nd</sup> BLUE pen.**
- **10KM Line up - Yellow Bib (# 3000+):** Stay in the athletes' village until called for the start.
- Enter your pen as directed by the MC or marshals and be in position **10 minutes before the start.**
- **Pen Identification:** Pens are marked with **coloured flags.** Marshals will assist you.
- **Bib Placement:** Secure your bib to the **FRONT** of your vest/t-shirt for clear visibility.
- **Pacer Coordination:** Move promptly to your pen to join your pacer if desired.

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### 9. Official Pace Groups

Join our Official Pace Groups to achieve your target finish time! Look for pacers in RED PACER shirts carrying flags with the following times:

- Half Marathon: 1:45, 1:50, 2:00, 2:10, 2:20, 2:30, 2:45, and 3:00
- 10km: 60 mins



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Pacers will be introduced 30 minutes before the race—find your pacer early to "get on the bus" for your desired time. Note: Pacers will strive for accuracy, but finish times cannot be guaranteed.

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### 10. Baggage Facilities (deadline 5:45am)

- Baggage drop is located in the Athletes' Village.
  - Items will be tagged with your bib number.
  - Although officials monitor the area, belongings are left at the owner's risk.
  - When collecting your bag, go to the correct counter for your bib number.
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### 11. Toilets

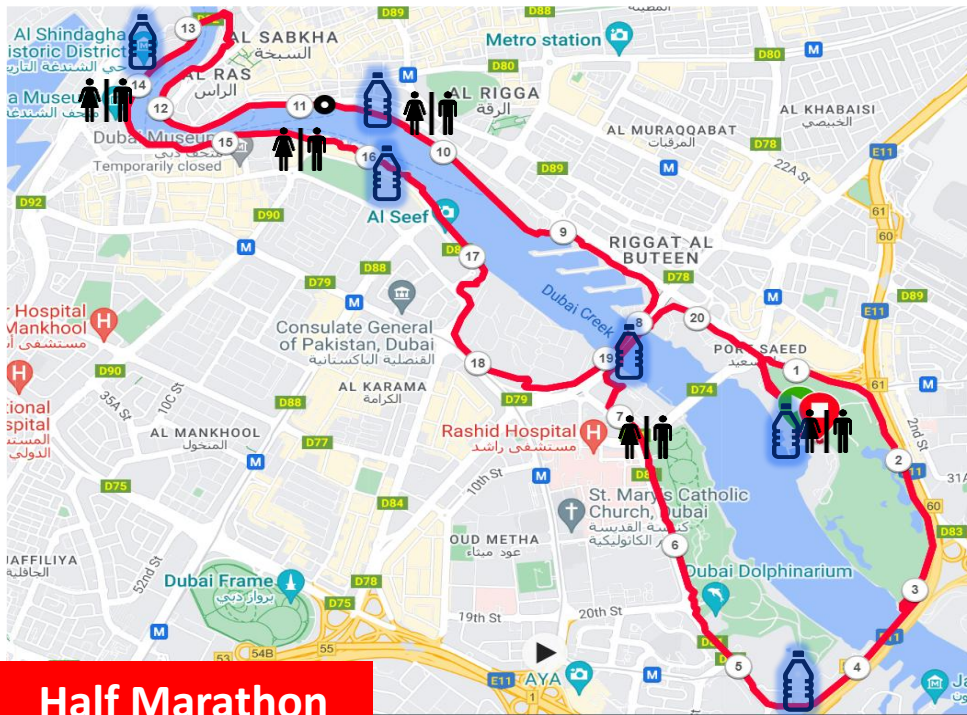
- Toilets are available in the Boardwalk & QDs restaurants, next to the Chandlery shop (opposite the starting pens) and in the temporary toilet block at the far end of the Athletes' Village.
  - Public toilets are also situated along the course.
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### 12. Course Details

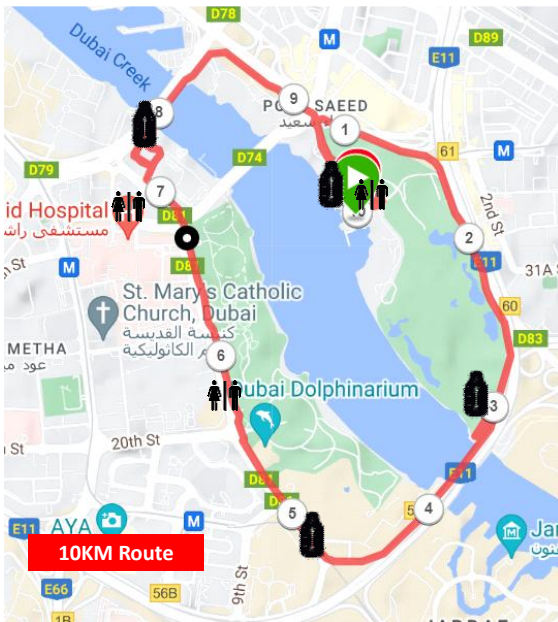
- The race features a scenic course along, under, over and along Dubai Creek. While some sections may have roadworks, the route will be marked with orange cones and managed by marshals.
- Timing mats ensure all runners complete the full course — shortcuts will result in disqualification.
- Primarily on pavements, the course includes road crossings where runners are responsible for their own and others' safety. Always stay on the designated route and follow marshal instructions.

# RACE INSTRUCTIONS FOR PARTICIPANTS

## HALF MARATHON COURSE MAP



## 10KM COURSE MAP





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### 13. Areas for Extra Care on the Course

- There are several sections of the course that will require your full attention.
  - We will update this section in the revised version of this document.
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### 14. Hydration, Littering and Medical Support

- Hydration stations every 3km provide Emirates Water.
  - Pocari Isotonic Drink is available every 6km.
  - Dispose of litter (water bottles, cups, gel packets, clothing) in designated bins. Avoid littering outside designated areas.
  - Ambulances and medical personnel are stationed along the course. Notify marshals for assistance if needed.
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### 15. Finish Area and Medals

- Upon crossing the finish line, participants will receive medals for their race (Half Marathon or 10KM).
  - Gold medals are awarded to the top 10 male and female runners in each race.
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### 16. Spectators

- Supporters are encouraged to cheer along the course but must avoid obstructing runners or marshals.
  - Spectators should not enter the official course at any time, particularly the start and finish area.
  - Please keep all children well clear of the route and finish area.
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### 17. Post-Race Facilities

- Post-race shower facilities are available at the Golf Club House just a 5-minute walk from the finish area. Please bring your own towel if you plan to use the shower facilities.
- Drinks, including Water, Pocari and other refreshments will be available in the finish area and Athletes' Village, along with products, recovery services and entertainment from our valuable sponsors.





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### 18. Post Race Breakfast (doors open at 8:30AM)

- Celebrate your race, soak up the atmosphere and enjoy the hot buffet breakfast at QDs/The Boardwalk, with unparalleled views of the creek and Dubai skyline.
- Breakfast doors open at 8:30 am and you will need to hand over your pre-purchased breakfast ticket to Park Hyatt at the breakfast entrance.
- No ticket, no breakfast, so don't forget to bring it.
- Limited breakfast tickets will be available for sale on race day at AED 80.

### 19. Trophy Presentation

- 8.30 AM onwards the MC will announce the names and bib numbers of the winners in each age category who will be invited to come on stage to receive their trophies.
- Winners who are not there to collect their prize in person will be contacted after the race.

#### Half Marathon Trophies:

Age	Category	Positions	Category	Positions
16-29	Open Male	1st, 2nd, 3rd	Open Female	1st, 2nd, 3rd
30-39	Sub Veteran Male	1st, 2nd, 3rd	Sub Veteran Female	1st, 2nd, 3rd
40-49	Veteran Male	1st, 2nd, 3rd	Veteran Female	1st, 2nd, 3rd
50-59	Master Male	1st, 2nd, 3rd	Master Female	1st, 2nd, 3rd
60+	Senior Male	1st	Senior Female	1st

#### 10km Trophies:

Age	Category	Positions	Category	Positions
11-19	Junior Male	1st	Junior Female	1st
20-54	Open Male	1st, 2nd, 3rd	Open Female	1st, 2nd, 3rd
55+	Senior Male	1st	Senior Female	1

### 20. Race Photographs

- Dubai Creek Striders has commissioned Hopasports to provide race photos to participants using an advanced race photo technology.
- The photos will be provided free of cost and each participant will get an email link to download the photos within 2 days of the race.





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## TERMS AND CONDITIONS

### 1. Participation and Own Safety

- Participants must be physically fit, adequately trained, and in suitable health to complete their chosen distance.
- It is the runner's responsibility to ensure their fitness and readiness for the event. Consult a medical professional if unsure.
- All participants run at their own risk. The organizers are not responsible for any injuries, health issues, or accidents occurring before, during, or after the event.

### 2. Organizers' Liability

- The organizers and affiliated entities are not liable for:
  - Personal injury, death, or illness arising from participation in the event.
  - Loss, theft, or damage to personal belongings left at baggage storage or elsewhere.
  - Cancellation, postponement, or alteration of the event due to unforeseen circumstances, including but not limited to extreme weather, government restrictions, or emergencies.
- By registering, participants waive any claims for damages or compensation against the organizers.

### 3. Consent for Photographs and Data Use

- By registering, participants consent to:
  - The use of their name, bib number, race result, and photographs/videos taken during the event for promotional, marketing, and media purposes, including but not limited to websites, social media, and event materials.
  - The organizers sharing participant data (e.g., name, bib number, and race result) with timing and results companies for operational purposes.
- Participants may contact [info@dubaicreekstriders.com](mailto:info@dubaicreekstriders.com) if they wish to opt out of promotional use of images or require further clarification.

### 4. Rules and Disqualifications



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- Participants must follow race rules and instructions provided by marshals and officials at all times. Failure to comply may result in disqualification.
- Unauthorized bib exchange, tampering with the bib, or deviating from the marked course will lead to immediate disqualification and potential ban from participating in DCS races in the future.

### 5. Weather and Event Adjustments

- The event will take place regardless of weather conditions unless deemed unsafe by the organizers.
- In such cases, the organizers reserve the right to modify, postpone, or cancel the event without refund.

### 6. Acknowledgment of Terms

- By registering, participants confirm they have read, understood, and agreed to these terms and conditions.
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## A Big Thank You to our Many Wonderful Sponsors and Partner Government Authorities

The Marina Home Dubai Creek Striders Half Marathon & 10km would not be possible without the generous support of the following awesome partners:



## The Dubai Creek Striders Team